

# 10 TOP TIPS IN DEALING WITH DEFIANT CHILDREN



## An article by Fintan O'Regan

1. Be consistent in your approach and handle disruptions with a response that includes no emotion and not too much talking.
2. Don't take it personally - it is not about you it is about them.
3. Look for a draw. Defiant children are into power, let them save face by providing them with 2 options, and either one is ok with you.
4. Know that your job is to set boundaries, but the child's job is to test them - discipline means sometimes being prepared to make unpopular decisions.
5. Use assertiveness as opposed to aggressiveness, but eliminate sarcasm and other forms of put downs.
6. Don't ask "Why?" ask "What?". For example, "What should you be doing now?". Use **either/or** and **when/ then**. E.g. "Lewis either put the phone in your room or on the table"... "Sheena when you have put the chair back under the table then you can go."
7. Everybody has a price - find out what is the motivation option for the child.
8. Everybody listens to someone - find out who has influence with the child.
9. Be calm and assertive when facing confrontations. Consider nonaggressive body language and offer the child an escape hatch to calm down.
10. Look after yourself. If you feel good about yourself, it will affect positive outcomes with the child.

**Article taken from:**

[www.BehaviourSolutions.com](http://www.BehaviourSolutions.com)